

THIS WEEK FOR YOU

19TH FEB TO 25TH FEB 2023

ARIES : This week, some of you may have an eagerness to meet your lover or long-term relationships may influence your relationships. Those who work in the jewellery and cosmetics industries will experience rapid financial success. There is a strong chance that your firm will bring in an increase or a big profit. If you were involved in a legal situation concerning your marital life, this week may provide some respite, but there is a possibility of a breakup. Eating oily food may create severe health-related issues that may raise your cholesterol level, diabetes, hypertension and other health problems. Add a clean and healthy diet to your lifestyle. Have your meal in time. Consume fresh fruits, vegetables and food products that are rich sources of calcium, protein, iron, magnesium and nuts which are good for health. Exercise, meditation and other physical activities help in maintaining your weight. A healthy lifestyle keeps your mind and soul happy, healthy and stress-free. During this week, you would enjoy good health. Through future planning may make you week stressed and could affect your sleep cycle.

TAURUS : This week would turn out moderate for you, in general. It would be helpful to have a practical attitude and you may easily hand over the outcome that you desire. Saturn and Sun might be conveying a hint to stay away from legal matters and you should avoid any debate with your seniors. There may be a hectic schedule because you would have to travel unexpectedly. You could be successful in getting admission to a higher enterprise and maybe to a foreign university due to the movement of Jupiter and Rahu. You could achieve the expected results at the professional level as Venus would be prepared to offer full support. You could have financial support from a female person and also guidance from a female person. Success would be attained during this week by people who work in areas related to digital media and journalism. Extra effort and hard work would be needed to make things favourable for you this week. You would be able to perform excellently in an upcoming opportunity if you stay away from getting into depressing thoughts caused by previous mistakes.

GEMINI : In terms of business and also to start a new project you might get a helping hand from Jupiter as the movements of Jupiter seem to be in your favour. You might get the expected result with your effort and hard work. There might be a chance in the workplace or those of you who want to change jobs might go ahead with the decision. You might face workload that might affect your health so you are advised to have a prior plan and work on a priority basis so that you might manage the workload without any kind of health issues or stress. This week you seem to get the support of luck. Your hard work and persistent effort might give success this week both on the personal and professional front. In terms of relationships, this week is going to be really good. You might get the chance to go for an outing and trip with your loved partner or with your spouse. Students might get success to get admission to their desired college. New skills as well as learning a foreign language might give new opportunities in your career. Everything seems to be positive this week for you.

CANCER : Relationships with children require additional attention, and pregnant women should take extra precautions. You might start a hidden romance or receive a surprise invitation from a buddy. Avoid deciding in haste about a new relationship. Sun and Moon's motion advises you to pay close attention to your financial strategy. There may be unforeseen costs. Get some professional help to create an investment strategy since some of you might receive new business-related initiatives that might be advantageous in the long run. Rahu suggests avoiding significant changes in regard to financial problems. Jupiter and Rahu imply that you should be careful when filling out paperwork and that you shouldn't skip the verification step before submitting your projects to the office. Sun movement can give you a distinct perspective from your superior, which can cause ego conflicts. You must take a courteous stance. You should practise your expertise and pay attention to your health as well. Do not dwell on past blunders because doing so can harm your health and exam preparation. To perform at your best, you must work on your revision this week. Students in sports should take a rest so that you can refuel and perform well for the next opportunity.

LEO : The transit of Venus may provide success if you are working in a medical or research-related field and may also provide a fantastic opportunity to acquire wealth from foreign countries. A new project and assignment might be given to you to complete. This week's meeting with various persons or sales-related work may yield positive results. Business persons may get expected success. A positive attitude and proper planning can guarantee success. Take care of your health so that your studies are not affected. With the help of the Sun and Mars, you may yield positive outcomes in the government field. Success in the examination and admission to the desired college is predicted due to the transit of the Moon and Mars. In terms of love & relationship, Venus can give a positive response, but the influence of Saturn can provide delays in your relationship. Some of you might get success in divorce-related processes.

VIRGO : This week's Moon movement advocated making advance plans and refraining from starting new initiatives before completing existing ones. You will gain new insights to do several chores at once due to Mercury's transit. If you don't express your proposal in the proper manner, disagreeing with senior authorities may cause stress. With the Sun and Venus having such a strong effect, patience and hard work will be needed. The stars foretell a communication breakdown in a romantic partnership, leading to potential disagreements between the lovebirds, a lack of emotional connection to the partner. There may be difficulties in the marriage. You won't be able to tell your partner how much you adore them. You won't be able to tell your partner how much you adore them. It's not a good week to lend your siblings and friends money. It won't be simple to come back. Spending will happen, but you'll also have healthy funds on hand. Gaining financial support from family members. Changes in the profession this week are possible. Interview selection and appreciation for your efforts. Success in a profession can come through creative labour. Business and work travel will result in significant financial gains.

LIBRA : Other commitments or responsibilities may not allow you to spend sufficient times with your beloved ones and that might cause some distance in your relationship. There are no short cuts to obtaining wealth as the planets demand more efforts this week. Make necessary financial arrangements for some unplanned expenses and stay secure. Your reputation and professional status get a boost. Influential people will favor you now. This week shows an extremely favorable phase for your education. Your performance will improve and hence now you will have an increased interest in your academic pursuits. Planetary situations could make you susceptible to ailments. Planetary transits could cause unrest even though there are not any major malefic planetary influences in this period.

SCORPIO : Until the middle of this week, your love will be affectionate. Your love will be filled with a lot of passion, as well as intense attraction and intimacy. You will be really expressive. Around the weekend, single people will make earnest attempts to form love relationships. The influence of the stars implies that money will flow freely this week. However, the favorable planetary aspects may inspire you to be ambitious and impetuous, which could lead to complications. This week's start is not promising from a professional standpoint. Just be patient for better days to come! During the later half of the week, the businessperson is well-positioned to address the challenges efficiently. This week will be fantastic for your study. Your efforts can benefit your personal abilities and reputation. Your performance can also please your parents. This week indicates a favorable time for your health. However, the interval will necessitate adequate rest and relaxation. Maintain your regular physical programme and a healthy diet.

SAGITTARIUS : Your relationship with your spouse or partner will be fulfilling and devoid of any major issues. The supporting actions of your family members will contribute to this well-being. This week, you'll make money thanks to your sound money management and financial acumen. You would acquire income through a variety of sources and advance in growth. Your profession will develop gradually, therefore patience is a virtue if you want to reach the success you want. If you own a business, your profit margins may be under pressure from fierce competition. Your efforts to further your education won't be rewarded by the stars this week. As a result, you might have to work hard to achieve your goals. Your level of energy and fitness will be superb.

CAPRICORN : This week, the influence of the stars may help you create a deeper understanding with your loved ones, and the experiences you gather throughout this period might make you feel more effective in your relationship. This week will bring some ups and downs in your financial situation. The week-end time appears to be quite difficult, so you must use caution before making any judgments. The week may begin on a favorable note, but as it progresses, you will face intense competition and resistance at all levels of your work. Business owners may also face difficulties in obtaining desired possibilities for growth and profit. This may be a good week for your schooling. However, you may lose focus at times and so may not be able to take advantage of the favorable planetary influences as much as you could. This week's stars indicate that your health will be satisfactory. You are unlikely to experience any significant health issues as long as you are not currently suffering from any critical ailments.

AQUARIUS : You'll be occupied taking care of your loved ones' and the elderly's requirements. You might also need to decide on some crucial family matters. Trust your instincts. The time has come to make progress. You're likely to experience a number of financial challenges. The strain of commitment will rise, and it will take a lot of work to see your ideas through to fruition. You might have significant career goals for this week. However, your ambitious objectives must be grounded in reality. If you run a business, this week can present an opportunity to finally catch up with some past customers. The stars suggest that you might be able to adequately prepare for your academic objectives. In this case, you would have to overcome your laziness in order to succeed. Your health would probably continue to be good this week. Through the end of this week, you'll have plenty of energy.

PISCES : There may be some open and inquisitive conversations with your loved ones. In this circumstance, you may feel a great connection with your lover. You may be quite tender, sensitive, and intuitive when it comes to your loved ones. The favourable financial situation may improve your emotions, and this week you can enjoy most of life's joys. Once the work week begins, some new opportunities for professional progress can make you feel better. But you must continue to be watchful. Miscommunications with coworkers at the office might lead to tensions in the middle of the week. Due to a challenging circumstance, you may feel some aggravation with your studies at the beginning of this week. You may also encounter some frustration in your studies. You are likely to be nervous and may lose your patience easily. A time to be awake to your own capabilities and potential. The planets might remain in your support during the week. This week you may be driven towards your health and that might draw you towards doing exercises.

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HERITAGE

A Journey through Jammu's glorious history

Capt Anil Gour (Retd)

Jammu has a glorious past which has never been showcased to the public & incoming tourist resulting in even the locals not being aware of their Heritage. Its not strange to find that the younger generation of Jammuites have no idea at all of the history of the various areas of Jammu City thus making them lose their moorings with the City itself.

Jammu Heritage Walk takes you backwards in the history of Jammu City starting from the lawns of Amar Mahal, built in 1862 and after winding through Panjthirthe - Mubarak Mandi - Chowk Chabutra & the various Dhakkis/Mohallas ends up at Purani Mandi on the steps of the 1st Palace of Jammu built by Raja Mal Dev in the 14th Century!! (Unfortunately demolished by the Amar Kshatriya Rajput Sabha and constructing a concrete monstrosity in its place). Enroute, one discovers the beautiful old temples and shrines nestled and hidden in the various nooks & corners of the city and goes back with the memories for a lifetime.

AMAR MAHAL
Amar Mahal's construction was planned by a French Architect in 1862 and is built like a French Chateau overlooking the River Tawi. Its construction was started by Maharaja Amar Singh (Vice President of State Council of Jammu & Kashmir) in 1890. After Maharaja Amar Singh's death in 1908, Maharaja Hari Singh carried on with its construction but due to disagreements at one point he fired the French Architect leaving this Palace incomplete. This was the private palace of Maharaja Hari Singh & was not used for official purposes.

BEGUM-DI-HAVELI OR HAVELI BEGUM:
Walking down from Amar Mahal towards Panjthirthe one encounters a two storied haveli on the right, which was loved ones, and the experiences you gather throughout this period might make you feel more effective in your relationship. This week will bring some ups and downs in your financial situation. The week-end time appears to be quite difficult, so you must use caution before making any judgments. The week may begin on a favorable note, but as it progresses, you will face intense competition and resistance at all levels of your work. Business owners may also face difficulties in obtaining desired possibilities for growth and profit. This may be a good week for your schooling. However, you may lose focus at times and so may not be able to take advantage of the favorable planetary influences as much as you could. This week's stars indicate that your health will be satisfactory. You are unlikely to experience any significant health issues as long as you are not currently suffering from any critical ailments.

PANJTIRTHI
This area got its particular name during Maharaja Pratap Singh's reign because of the 5 (Five) Sacred Places (Tirthas) located around here. These Five Sacred places are: **DAU TEMPLE:** On the banks of River Tawi (below the newly built Multi Storey Parking), built by Maharaja Gulab Singh & now managed by Dhramarth Trust. The temple is dedicated to Lord Balram Ji, the elder brother of Lord Krishna & is named so as Lord Krishna used to address his elder brother as 'Dau'.
SARDARON KA MANDIR: Located Right Opposite the present Radio Station. It's a large complex built by an army man of the Maharajas Army ranked as Sardar and named Atar Singh; hence it's name. There are various Mandirs within its complex - Sri Ram Darbar, Mandirs of Shiva, Surya, Hanuman, Ganesh and Lakshmi Mata Ji.

RADHA KRISHAN TEMPLE: Opposite the Police Post Panjthirthe was built by Bhai Charan Das in 1839 AD. The temple has beautiful idols of Radha Ji and Lord Krishna. It is also known as Billo temple after the name of the priest who took care of the temple for many years.
SATYA NARAYAN TEMPLE: Its Sanctum Sanctorum is on the second floor of the temple complex. It houses the idols of Shri Satya Narayan Ji and Mata Lakshmi Ji. A small adjoining temple has



a magnificent idol of GarudDev.Ji. The temple was built during the reign of Maharaja Pratap Singh Ji.

BATMALU TEMPLE: It's also called Shri Banwari Das Temple. The temple is located at the entrance of Chowgan Salathia outside Mubarak Mandi. The unique feature of this old temple is that it has the statues of Lord Rama, Mata Sita, Lakshman Ji and his wife Urmilla.

GADA DHAR TEMPLE: The temple is situated just outside the Mubarak Mandi complex. It houses two life size statues of Shri Gaddadhar ji and Devi Lakshmi. The Temple was built by the Dogra Rajas during 18th century.

In the PANJTIRTHI AREA, residences of several High Officials of the Dogra Kingdom & some world personalities are located:

POONCH HOUSE
Walking from Panjthirthe towards Mubarak Mandi was the residence of Raja Moti Singh, ruler of Poonch. Unfortunately, this too has been demolished and Govt Buildings come up in its place.

WAZIR GANGA RAM'S HAVELI: Wazir Ganga Ram was one of the Two ministers of Maharaja Hari Singh. The other was Wazir Mohamed Afzal. His house is now converted into a banquet hall.

WAZIR TEJ RAM'S HAVELI: He was the Treasurer of Maharaja Hari Singh.
RAO RATTAN SINGH'S HAVELI: He was the Governor of Lahore. His son Narendra Singh was also the Mayor of Jammu.

RAI BAHADUR ANANT RAM'S HAVELI: He was the revenue Minister of Maharaja Hari Singh.
PUNDIT RAM KRISHAN'S HAVELI: He was Raja Ranbir Singh's favourite advisor. His brother Pundit Jalla was the Accountant General of the Lahore Durbar. At present his descendants Sh. KC Sharma & his family live here.

PUNDIT SHIV KUMAR SHARMA'S RESIDENCE: Pandit Shivkumar Sharma (13 January 1938 - 10 May 2022) was an Indian Classical musician and Santoor player. He was awarded the Sangeet Natak Akademi Award in 1986 and the Padma Shri and Padma Bhushan (India's fourth and third highest civilian awards) in 1991 and 2001.

MUBARAK MANDI COMPLEX
This is the centerpiece of the Dogra Heritage & pride of Jammu. It consists of many Palaces built by various Maharajas during their tenure leading to the present structure that's now standing.

AFGHAN MOHALLA: This area was believed to be the resting place for the Afghan Army.

KHATIKA DA TALLAB: Khatik is a person who is skilled in making Leather. The people here resided next to a Pond (Tallab) as they required lots of water to make the usable form of leather after extracting the skins from dead animals. Thus this area came to be named Khatika Da Talab.

PIR MITHA: One Fakir settled here nearly 550years ago. His diet was only Milk & Jaggery and this area was named after him as Pir Mitha.

DARUGIR KA MOHALLA: (Presently the area on Residency Road in front of the Dak Bunglow). The people settled here were skilled in making Ammunition (Bombs & Cartridges) for the Royal Army.

MAST GARH: Raja Ranjit Dev constructed a Mosque here and the area was known as Mughal Pura. A Fakir named MastrKalandar came and settled here and since then Mughal Pura is known as Mast Garh.

URDU BAZAR: Now it's known as Rajinder Bazar. It houses a 250 year old SHIV Temple on the junction of Residency Road and Rajinder Bazar.

DHOUNTLY BAZAR: Raja Ranjit Dev named this area as DHRAMA STHALI and now this has been morphed into Dhountly Bazar.

JAIN BAZAR: This Bazar is the Gold Market of Jammu. When Ahmed Shah Abdali attacked Punjab, the people from there ran away and came to Jammu. These people were mostly Jain Goldsmiths they started the Gold business in Jammu and the area was named after them.

PACCA DANGA : This area stretches from Chowk Chabutra down to Dewan Mandir & to what's now the Subzi Mandi, Parade Ground.

The famous heritage sites here are:
MAHA LAKSHMI TEMPLE
JANDRIYA MOHALLA
FATUU CHOCHAN
DHANI-DI-HATTI
MOTI BAZAR
RANI TALAB (now RANI PARK)

KALI JANNI: In 1360 when Raja Mal Dev decided to establish the present Jammu City, from the existing Bahu Fort area; he carried this huge Black Stone from River Tawi on his shoulders and the place where he dropped it was the area of the first Palace of Jammu. He called this Stone KALA JAN & hence the area where it placed is known as KALI JANNI.

PURANI MANDI: In the 14th Century AD, Raja Mal Dev constructed his palace in Purani Mandi with the placing of Kala Jan stone carried form Tawi river.

RAM CHANDER MANDIR: Also called Bandrali Rani temple This is adjacent to the erstwhile Palace complex & was built by Rani BandralDevi wife of Maharaja Ranbir Singh in 1890-91.

RAJ TILAK ROAD: This road runs from Purani Mandi to present Parade Ground. All the Rajas used to walk down this road after their Coronation Ceremony. Maharaja Hari Singh's coronation processions also passed through this road. It enabled the common man pay his respects and greet their new King. Coming down from Purani Mandi is the Raghunath Temple Complex & other Temples built by the successive Kings of the Dogra Dynasty. This completes the journey of Heritage Walk and Trail of Jammu's history & heritage. This is a must do for all Jammuites and of course the incoming Tourists.

(The author is President Travel Agents Association of Jammu & Past Chairman IATO J&K Chapter)

CIPHER DECIPHER
e-mail: cipher-decipher@dailyexcelsior.com

Hi Friends! We are back with your favourite column for the week. Please have a look at OUR MESSAGE before you send in your message to us.

- To all from Jyotsna Mahajan: "Belief creates the actual fact".
- From Ruchika Gupta to all: "Aim for the moon. If you miss, you may hit a star".
- To all from Geeta Rani: "Marketing is sales without the salesperson".
- To all from Savita Nanda: "If great content is the hero, then banners are the villain".
- To all From Divya Singh: " Being genuinely nice is an underrated marketing strategy".
- From Sunil Thakur to all: " The essence of strategy is choosing what not to do".
- From Vikas Kumar to all: "Great brands say less".
- From Charu Mahajan to all: "Branding isn't about being the best... it's about being memorable".
- From Rajeshwar Thakur to all: "Good marketing finds customers. Great marketing creates customers".
- To all from Rohit Raina: " Content marketing is really like a first date. If all you do is talk about yourself, there won't be a second date".
- To all from Sudesh Kumar: " Change the game, don't let the game change you".

BEST MESSAGE

The award of rupees 300 for this week's best message has gone to SAHAJ SABHARWAL. R/o H:NO:49, PACCA DANGA, JAMMU, CONTACT: 7780977469 for the message "Turn your wounds into wisdom".

CIPHER—DECIPHER MESSAGE CHIT

Name.....
Address.....
Message.....

Cut it Here

OUR MESSAGE

- Please do mention pin code number of areas while sending your message to EXCELSIOR.
- Your message must reach us by Friday evening.
- To send your message, use CIPHER-DECIPHER message chit.
- Your entries should be brief and original. We use those messages devoid of hurting the sentiments of the people.
- Out of the messages we receive, one of the message is selected for the award.

HARESH SINGH

Scholarship Alert

Scholarship Name 1:	ZScholars Program
Description:	ZS Associates India Pvt. Ltd. invites applications from first-year students pursuing general or professional undergraduate courses in institutes located in Delhi, Pune, or Bengaluru. The scholarship aims to support meritorious students from low-income families to continue their higher education.
Eligibility:	The scholarship is open for first-year students pursuing general or professional undergraduate courses in any stream from institutes located in Delhi, Pune, or Bengaluru. Applicants must have scored at least 60% marks in Class 12 examination. The annual family income of the applicants from all sources must not be more than INR 8 lakh.
Prizes & Rewards:	Up to INR 50,000 for 1 year
Last Date to Apply:	09-03-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/ZSPU1
Scholarship Name 2:	CF Sparkle Inclusive Scholarship Programme for Higher Education
Description:	CF Sparkle Inclusive Scholarship Programme for Higher Education aims to provide financial assistance to meritorious girls, students with disability and transgender students who belong to a low-income family group in continuing their education which further leads to employability.
Eligibility:	Open for girls, students with disability and transgender students. Applicants must be pursuing first-year of their undergraduate degree in STEAM (Science, Technology, Engineering, Arts, Math) courses or undergraduate degree or diploma in Vocational Technical Education (VTE), Paramedical Sciences, and Allied Health Sciences. Applicants must have scored a minimum of least 60% marks in their Class 12 examination. The annual family income of the applicants from all sources should not exceed INR 5 Lakh. Children of employees of Cognizant, Cognizant Foundation and Buddy4Study are not eligible to apply. Students from Pan India are eligible.
Prizes & Rewards:	Up to INR 75,000 per year
Last Date to Apply:	05-03-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/CFS11

INNER VOICE

LOVE IS REAL

Chrimson red the sky's today	Sitting on horse, huge and white
How do you feel? Come and say	Gone's day, here's the night
Cosmos beautiful, stupendous, amazing	Celestial bodies, diamond like stars
Sunshine blushed, the sun is blazing	Venus is love, not is Mars
Maiden gorgeous, sitting beside a tree	Ecstastic universe, so they are
Heart is beating but mind is free	Love is real, rest is bizzare.
Twilight is here, who's there?	Alka Sharma
Comes the prince from somewhere	Rehari Colony.

LIFE AND DEATH

Life and death; without one there cannot be the other. For some it's short, but they live it like no other. For most it's long, and to be happy they don't ever bother. The second we are born is the second we begin to die. As a child, we live life and don't worry why. As we grow, it gets tougher and we don't want to try. Like everything else, it will end and we'll have to say goodbye. Whether it's twenty years or one hundred-twenty. Live it with a purpose to be greater than many. Most likely life will be long; Because if you act in the moment life is never kind.

Nidhi Gupta Sarwal

BEAUTIFUL MISTAKES

I was a museum full of art , but you had your eyes shut
I was the ocean , but you wanted rivers
I was the moon , but you were busy chasing the stars
I was the rain , but you carried umbrella
I was the diamond , but you liked the gold
I overlooked your flaws, when you were busy finding mine
You kept guessing it to be just a firefly, but I had a star in my fist
You preferred less but I deserved more

Mannat Sabharwal

SEARCH

My eyes search for those roads Roads leading to my past With my happy and carefree soul And no tears or sadness in heart My eyes search for those people People who promised to stay To be with me in every situation Even when it rains My eyes search for those places Places that felt like home..	Where moonbeam heart and sunshine smile And a princess castle Lighted in the night But those place are lost The people are gone. The roads broken And my eyes are swollen By remembering the days Where my heart felt awake.
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Anuradha Sharma

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